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ABSTRACT

This guide, one of a series of booklets developed by Project STEPS (Steps Toward Effective Production of Speech), presents guidelines for parents of deaf-blind children regarding the care of eyeglasses. Basic concerns with glasses and contact lenses are noted and parents are advised to perform the following daily tasks: checking the frames, washing and checking the lenses, checking the fit, and removing the glasses. Ideas are offered for correcting such problems as loose or crooked glasses; scratched lenses; cracked, broken, or missing lenses; tint problems; and skin problems. Equipment needs are noted. (CL)

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How to Take Care of Children

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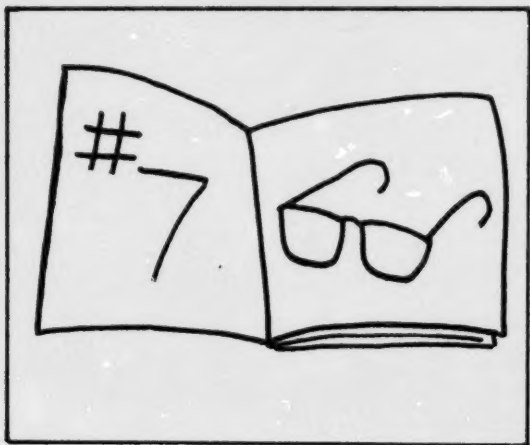
STEPS

**Steps Toward Effective
Production of Speech (STEPS)
A Set of Booklets for Parents
of Deaf-Blind Children**

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Doris McQuiddy**

**The University of Alabama—
Department of
Communicative Disorders
Area of Special Education
Partlow State School and Hospital**

1984



ABOUT THIS BOOKLET

Parents often have questions about the care of glasses. This booklet will answer some of your questions.

Most children who need glasses should wear them every day. So you need to wash them and look them over every day. Then check how they fit when you put them on your child.

Be sure to read THINGS TO DO EVERY DAY. It starts on page 7 in this booklet.

Sometimes you will have a problem with glasses. For example, the frames may be loose. Look on page 3 under PROBLEMS. There you will see "Loose or Crooked Glasses. . . .17." Turn to page 17 and read what to do.

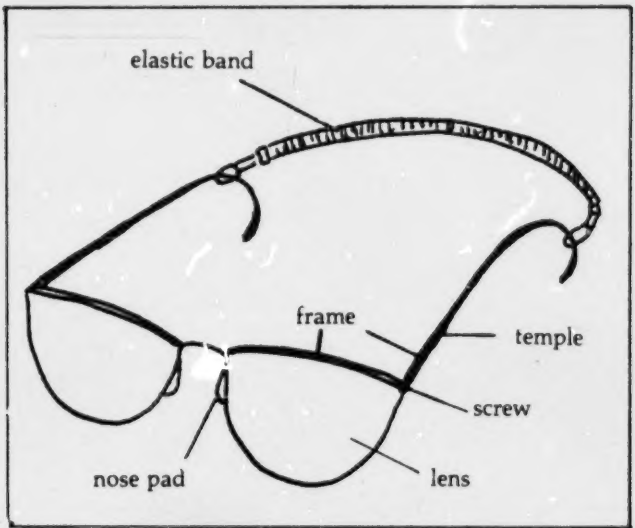
Have a special place to keep your child's glasses when he is not wearing them. It should be a safe place like a drawer. Keep this booklet with the glasses.

Some children get used to glasses easily. Other children do not. Try to get your child to wear glasses a little bit at a time.

*NOTE: A few blind children have no vision at all.
But most blind children can see something.
Many of them can get help from glasses.*

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GLASSES

There are many kinds of vision aids. The most common ones are glasses and contact lenses. Your eye doctor can tell you which vision aids are best for your child.

A pair of glasses is shown in the drawing. Glasses are sometimes called eyeglasses or spectacles. They have a lens for each eye. The lenses are held in place by frames that hook behind the ears.

Contact lenses are very small and are worn on the eyeball. The eye doctor will tell you how to use them and take care of them.

Your doctor may also advise other vision aids. If you have questions about caring for these aids, ask your eye doctor.

Glasses need special care. They can be easily broken or scratched. They can be hurt by dropping or hitting them. Glasses can be scratched by rubbing them against something hard or sharp.

Lenses can be made of glass or plastic. The plastic ones are lighter, but they scratch easier. To avoid scratches, never lay glasses on their lenses.

Some glasses fall off easily. And some children like to pull off their glasses. Either problem may be helped by an elastic band. The

band is put on the frames. It fits on each temple and goes around the back of the head. (See the drawing on page 4.)



Take good care of glasses. When you take them off, put them in a safe place. When you carry glasses, never carry them loose in your pocket or purse. Put them in their case so the lenses will not get scratched.



THINGS TO DO EVERY DAY

A child's glasses should be checked every day. They should also be washed daily.

Check and wash your child's glasses before putting them on him in the morning. You may want to make a chart like the one on the next page. It lists things to do every day with hearing aids and glasses.

On Sunday after you check your child's hearing aids and glasses, mark the chart. Put a mark in each box under "SUN." Do the same thing on Monday and the rest of the week.

8

DAY-BY-DAY CHECK OF HEARING AID AND GLASSES

THINGS TO CHECK AND DO	SUN	MON	TUES	WED	THUR	FRI	SAT
1. Look at hearing aid (test battery, clean earmold)							
2. Listen to hearing aid							
3. Put on hearing aid							
4. Look at glasses (wash lenses)							
5. Put on glasses							



CHECK THE FRAMES

Look at the frames to make sure they are all right. These are the things to check.

☐ TEMPLES

The temples are the sides of the eyeglass frames. They have curved ends or hooks that fit behind the ears. Look for cracks in the temples. If a temple is cracked, check with the person who sold the glasses.

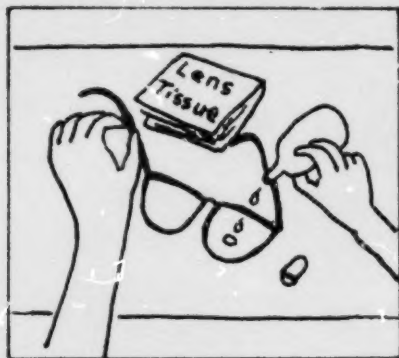
DO EVERY DAY

☐ SCREWS

The temples are joined to the front part of the glasses with screws. There may also be screws that hold the lenses tight.

Check to see if the screws are loose. If they are, you will need a very small screwdriver to tighten them. Or you can take the glasses to the person who sold them.

DO EVERY DAY



WASH AND CHECK THE LENSES

Wash the lenses and then check them. This is how to wash them, dry them, and check them.

☐ WASH

Hold the glasses by the frames when you clean them. Wash the lenses with a mild soap. Or you can use glass cleaner. Your doctor may tell you to use a special cleaner.

DO EVERY DAY

☐ DRY

Dry the lenses with a soft cloth or lens tissue. Be extra careful not to scratch the lenses if they are plastic.

☐ LOOK FOR SCRATCHES

Check the lenses for cracks and scratches. After a while all glasses will get tiny scratches on the lenses.

Plastic gets scratched easier than glass. If plastic lenses have very tiny scratches, a special cleaner may help. The cleaner gets rid of tiny scratches. But it will not help deep scratches.

Your child will have trouble seeing if there are a lot of deep scratches. If the glasses seem badly scratched, check with the person who sold them.

DO EVERY DAY



CHECK THE FIT

Put the glasses on your child. Hold them by both temples as you put them on. The drawing above shows how to hold them. Be careful not to pull on the temples.

Now, see how they fit. These are things to look for.

☐ SLIDING

See if the glasses slide down your child's nose. If they slide, the frames may be bent. If the frames

DO EVERY DAY

are bent, take your child with his glasses to the person who sold them. He will fix them.



If the glasses still slide, your child may need to use an elastic band. See pages 4 and 18.

☐ CROOKED

See if the glasses are straight on your child's face. If they are crooked, the frames may be bent. If so, take your child and the glasses to the person who sold them. He will fix them.

DO EVERY DAY



TAKE OFF THE GLASSES

When it is time to take your child's glasses off, this is what to do. If he has an elastic band, unfasten one side of it. Hold the glasses by each temple and gently lift them off. Then fold the temples and put the glasses in their case.

Have a safe place to keep the glasses. This could be a special drawer. If you always put them in

the drawer, you will always be able to find them.

PROBLEMS

When you check your child's glasses you may find a problem. It may be something that you can fix. Or maybe your child's teacher can help you fix it.

Some problems with glasses can be fixed easily. Other problems need a trained person to fix them. In some cases the glasses or part of them may need to be replaced.

The next pages tell what to do for these problems.

- ☐ Loose or Crooked Glasses
- ☐ Scratched Lenses
- ☐ Cracked, Broken or Missing Lenses
- ☐ Tint
- ☐ Skin Problems

PROBLEMS



LOOSE OR CROOKED GLASSES

If your child's glasses are loose or crooked, check these things.

☐ MISSING SCREW

See if the screws at the corners of the eyeglass frames are missing. If they are, you may be able to replace them. You will need an eyeglass repair kit. It will have small screws and a small screwdriver. When you replace

PROBLEMS

the screw, be careful not to bend or twist the eyeglass frames.

☐ LOOSE SCREW

See if the screws at the corners of the eyeglass frames are loose. If they are, you can tighten them. Use a very small screwdriver.



☐ HEAVY LENSES

The weight of the lenses may cause your child's glasses to slide down his nose. An elastic band may help to keep them in place. The band slips on each temple and goes behind the head. The band is shown in the drawing above.

PROBLEMS

☐ BENT FRAMES

Bent frames may cause glasses to be loose or crooked. If your child's frames are bent, do not try to fix them. Take your child and his glasses to the place where you got the glasses. Someone there will be able to fix them.

SCRATCHED LENSES

Blind children often hold objects against their glasses to see them better. This will cause the lenses to get scratched. After they get many deep scratches, the lenses need to be replaced. Ask the person who sold them if they need to be replaced.

PROBLEMS

CRACKED, BROKEN, OR MISSING LENSES

Do not use glasses that are cracked or broken. If a lens is cracked, broken, or lost, it must be replaced. Go to the place where you got the glasses to get a new lens.

TINT

Some glasses have tinted or colored lenses. Less light goes through tinted lenses. They are used when bright light hurts a child's eyes.

Sometimes the tint of the lenses may not be right for a child. Or a child who has clear glasses may need tinted ones. These next

PROBLEMS

things may mean your child has the wrong tint or needs tint.

☐ TOO DARK

Watch how your child uses his glasses. If he takes off his glasses to look closely at things, the tint may be too dark. Check with the eye doctor if you think the tint is wrong.

☐ TOO LIGHT

See if your child squints a lot or shades his eyes. If he does, light may be too bright for him. Tinted or darker lenses may help. Ask the eye doctor.

SKIN PROBLEMS

Look where the glasses rest on your child's nose and ears. If the skin is red and swollen, the glasses

PROBLEMS

may be causing it. They may not fit right or there may be some other problem. Take your child with his glasses to the person who fitted them.

SOME OTHER PROBLEMS

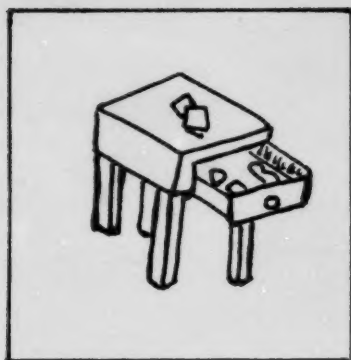
☐ If your child does not want to leave his glasses on, try these things.

1. Ask the person who fitted the glasses to check them. He should make sure they do not hurt your child.
2. Read STEPS booklet 6, "Rewards and How to Use Them." Follow the advice about using rewards when your child wears his glasses.
3. Ask your child's teacher what to do.

PROBLEMS

☐ Some children need to wear glasses along with hearing aids behind the ear. The glasses' frames and the hearing aids may get in each other's way. If they do, follow these steps.

1. Make sure your child has the right hearing aids for his hearing loss.
2. Then get glasses frames that will fit beside the hearing aids.



THINGS YOU WILL NEED

These are some things you will need to take care of glasses. You may want to keep these things together in a drawer. You could keep your child's hearing aids in the same drawer.

This drawer would also be a good place to keep the glasses at night. And you could put them there any time they are not being worn.

These things tell you what you need to know about glasses.

☐ This booklet—"How to Take Care of Glasses"

☐ Any notes from your doctor

These things are for taking care of glasses.

☐ Eyeglass repair kit (small screwdriver and small screws)

☐ Glasses case

These are some other things you may need. But you may not want to keep them in this drawer.

☐ Lens cleaner

☐ Soft cloth (T-shirt or diaper)

REMEMBER—

- ① WASH THE GLASSES
EVERY DAY.

See page 11.

- ② CHECK THE GLASSES
EVERY DAY.

See pages 9-14.

- ③ KEEP THE GLASSES
IN A SAFE PLACE.

See page 6.

THANK YOU

Many people helped with the basic booklets in the STEPS Series. We are grateful to these people for their advice.

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The Basic Booklets in the STEPS Series

1. Beginning to Use a Hearing Aid
2. Words and Meanings: The Problem of Deaf-Blindness
3. Words and Meanings: Helping the Deaf-Blind Child
4. General Information for Parents of a Deaf-Blind Child
5. How to Take Care of a Hearing Aid
6. Rewards and How to Use Them
7. How to Take Care of Glasses

**...TO KNOW IS MORE
IMPORTANT THAN TO SEE....**

—RICHARD KINNEY

☐ Additional copies of this
booklet are available from

**Southeast Regional Center
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